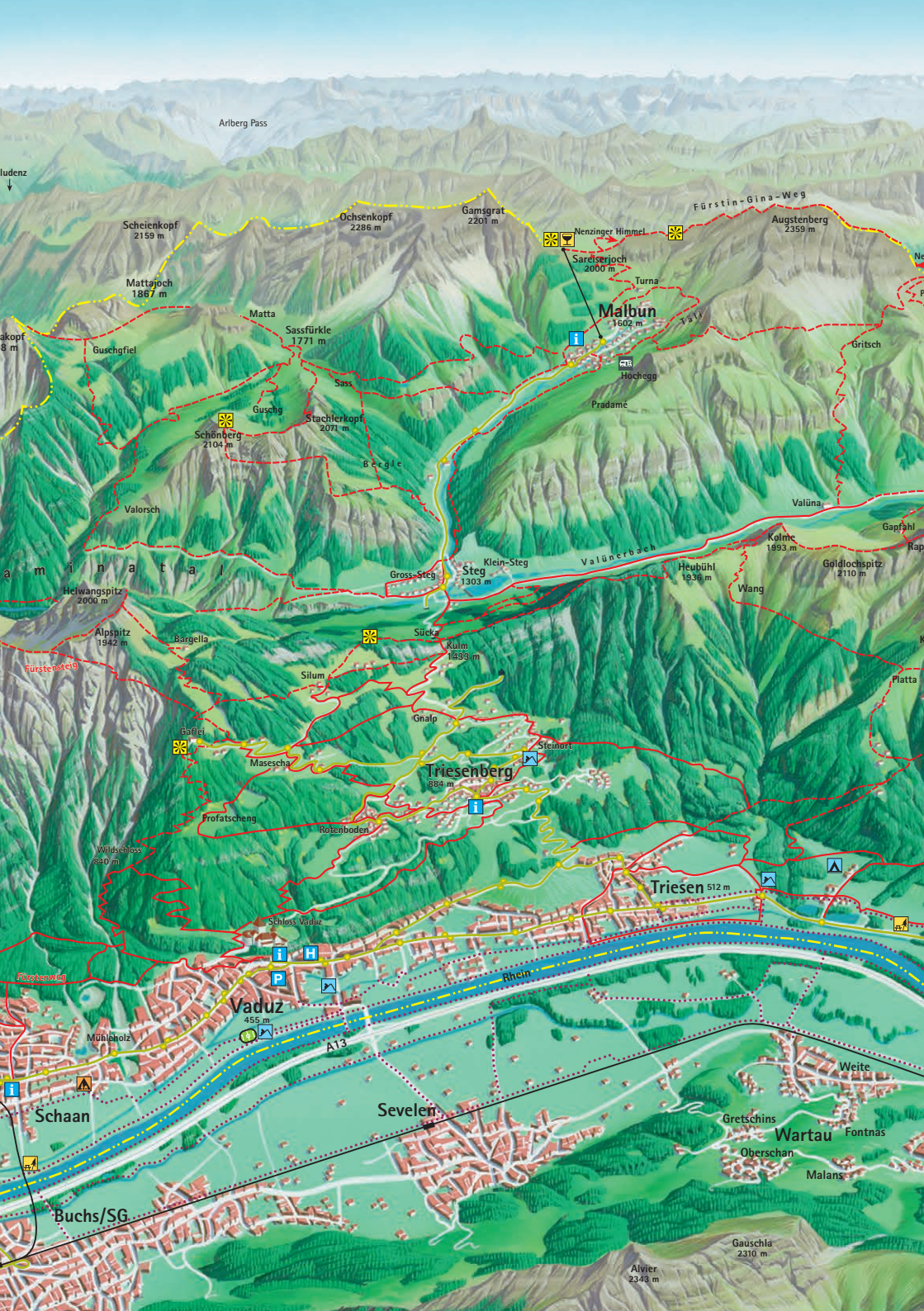




LIECHTENSTEIN



Princely  
**Hikes**



Arlberg Pass

Scheienkopf  
2159 m

Ochsenkopf  
2286 m

Gamsgrat  
2201 m

Fürstin-Gina-Weg

Augstenberg  
2359 m

Mattajoch  
1867 m

Matta

Sassfürkle  
1771 m

Sass

Schönberg  
2106 m

Stachlerkopf  
2071 m

Bergle

Malbun  
1602 m

Pradame

Guschgfiel

Guschg

Valorsch

Valüna

Gappahl

Helwangspitz  
2096 m

Gross-Steg

Steg  
1303 m

Klein-Steg

Valünerbach

Kalmc  
1893 m

Goldlochspitz  
2110 m

Alpspitz  
1942 m

Bargella

Sücka

Rüm  
1699 m

Heubühl  
1896 m

Wang

Fürstenauberg

Silum

Triesenberg  
884 m

Steborn

Platta

Profatscheng

Rotenboden

Triesen  
512 m

Wildschöss  
840 m

Schloss Vaduz

Vaduz  
455 m

Rhein

A13

Schaan

Sevelen

Weite

Gretschins

Wartau

Fontnas

Buchs/SG

Oberschan

Malans

Gauschia  
2310 m

Alvier  
2343 m

# Hiking paradise fit for a prince

**Which country in Europe has the densest network of hiking trails? It's not the alpine classics of Switzerland or Austria, but in fact the small Principality of Liechtenstein nestling between those two countries.**

More than 400 kilometres of well-maintained and clearly signposted trails and majestic mountains up to 2600 metres above sea level attract walkers and hikers to Liechtenstein. With a little luck you will even see golden eagles, marmots, chamois or ibex. There are leisurely walks and hikes down in the valley and low mountains as well as challenging summit ascents for the more experienced. Families will discover an idyllic oasis, especially in the mountain village of Malbun. One of the most spectacular circular hikes leads along the Princess Gina Trail through high-alpine terrain protected as an area of outstanding natural beauty and biodiversity. The classic route along the famous Fürstesteig leading along a scenic ridge-top path up over the Drei Schwestern mountains requires surefootedness and experience of hiking in the mountains.

The best way to get to know the Principality of Liechtenstein is on the 75-kilometre Liechtenstein Trail. The route leads through all the municipalities in the country, taking in vineyards, nature reserves, forests, sites of interest, fine views and culinary highlights. The Liechtenstein Trail is a unique journey through the country's culture and history that is ideally completed in 4 to 5 stages.

→ [tourismus.li/hiking](https://tourismus.li/hiking)



Bergrestaurant  
Sareis

2000 metres

## Hiking in Liechtenstein

- Over 400 km of well-signposted trails
- Easy walks to very challenging hikes
- Highest mountain: Grauspitz, 2599 metres
- Untouched nature
- Cross-border trails (Liechtenstein, Switzerland, Austria)
- Traditional mountain huts and hotels
- Themed learning trails ideal for families
- Excellent public transport connections

### Level of difficulty

easy      ■ □ □ □ □ □

intermediate      ■ ■ ■ □ □ □

difficult      ■ ■ ■ ■ ■ ■

### Fitness level

low fitness      Level 1

average fitness      Level 3

excellent fitness      Level 5



### Online guide to hiking in Liechtenstein

The online guide to hiking in Liechtenstein offers comprehensive, GPS-supported information on hiking trails, themed trails, winter hiking paths and guided hikes.



→ [tourismus.li/hiking](https://tourismus.li/hiking)



### Flora and fauna

Home to 1600 different plant species, Liechtenstein has a rich and diverse flora. The Liechtenstein Alps and the country's nature reserves are protected by law to preserve this biodiversity. Many animals are particularly sensitive to disturbances, so hikers should behave considerately and not leave the marked trails.



### Principality of Liechtenstein hiking map

The official topographical hiking map of the Principality of Liechtenstein 1:25 000 is available in local bookstores and from Liechtenstein Marketing. Call +423 239 63 63 or send an e-mail to [info@liechtenstein.li](mailto:info@liechtenstein.li).

### Public transport

Almost all starting and finishing points of hikes in Liechtenstein can be easily reached with the public buses operated by LIEmobil. Timetables are available inside the buses and at every post office.  
→ [liemobil.li](https://www.liemobil.li)



Liechtenstein public buses → [liemobil.li](https://www.liemobil.li)  
Swiss Federal Railways → [sbb.ch/en](https://www.sbb.ch/en)  
Austrian Federal Railways → [oebb.at/en/](https://www.oebb.at/en/)

Bus stops on altitude profile map





Alpstein

Hay huts in Tuass

1400 metres

Alpspitz

1997 metres

Triesenberg

Rhine Valley



### Liechtenstein Alpine Association

The Liechtenstein Alpine Association is one of Liechtenstein's oldest clubs. It was founded in 1909 as the Liechtenstein section of the German and Austrian Alpine Club and became independent in 1946. Today it is one of the largest clubs in the country with around 3000 members.

→ [alpenverein.li](http://alpenverein.li)



## Emergency numbers

Emergency	112
Air rescue (REGA)	1414
Ambulance	144
Police	117

# Signposting of trails

Walking and hiking trails in Liechtenstein are marked with coloured signposts, which usually include location information, the route destination and stop-off points along the way. Some have details of walking times; these are based on an average walking speed of 4.2 kilometres per hour on flat, easy paths. Additional time required as a result of climbs or difficult terrain is taken into account in the walking times.

### WALKING TRAIL

#### Walking trail

Walking trails have no specific difficulties, avoid tarmac and concrete surfaces wherever possible, and stay away from public roads. Steep climbs are overcome using levels, while any exposed sections are secured with steel ropes, handholds, etc. Flowing water is crossed using footbridges.

### HIKING TRAIL

#### Hiking trail

Hiking trails are paths that include sections of rough terrain. They are predominantly steep and narrow and are exposed in places. Particularly difficult sections are secured using ropes, chains, footholds, handrails, etc. – safety equipment typical of via ferrata climbing routes. Flowing water may have to be crossed on stepping stones or waded through.

### ALPINE TRAIL

#### Alpine trail

Alpine trails are challenging mountain paths. They lead in part through unmarked terrain or rocky terrain with short climbing sections. Walkers and hikers embarking on alpine trails must be sure-footed, have a good head for heights and be in very good physical condition. Rope and pickaxe skills are essential.



Naafkopf  
2570 metres

Schwarzhorn  
2574 metres

Gängle lake

Valüna valley



## Huts and mountain inns

### **Gafadura hut (1428 metres)**

The Gafadura hut is located high above Planken below the Drei Schwestern mountains. There are 14 sleeping berths in one dormitory, a restaurant with places inside as well as a terrace with a great view. The Gafadura hut is open from around Mid-April until mid-October. T +423 787 14 28, [gafadurahuette@alpenverein.li](mailto:gafadurahuette@alpenverein.li)  
→ [alpenverein.li](https://alpenverein.li)

### **Pfälzer hut (2108 metres)**

The Pfälzer hut is a modern mountain hut on the Bettlerjoch ridge run by the Liechtenstein Alpine Association. It has 10 beds and a dormitory in the main building plus an emergency dormitory with space for an additional 17 people. The Pfälzer hut is open from mid-June until mid-October. T +423 263 36 79, [pfaelzerhuette@alpenverein.li](mailto:pfaelzerhuette@alpenverein.li)  
→ [alpenverein.li](https://alpenverein.li)

### **Berggasthaus Sücka mountain inn (1402 metres)**

The Berggasthaus Sücka is a rustic mountain inn situated above Steg. Housed in a former sanatorium, it offers magnificent views of lush meadows and pastures around Steg. The opening hours are irregular. T +423 794 12 51, [info@suecka.li](mailto:info@suecka.li)  
→ [tourismus.li/en/suecka](https://tourismus.li/en/suecka)

### **Bergrestaurant Sareis (2000 metres)**

The Bergrestaurant Sareis is located on the Sareiserjoch ridge and has a cozy, rustic dining room plus majestic views from one of the most beautiful terraces in Liechtenstein. The mountain restaurant can be reached either by chairlift or via a hiking trail from Malbun (walking time: 1 hour). T +423 263 46 86, [sareis@bergbahnen.li](mailto:sareis@bergbahnen.li)  
→ [sareis-malbun.li](https://sareis-malbun.li)





## Selected hotels in the mountain area

### **Gorfion – Famotel Malbun \*\*\*\***

Stubistrasse 8, 9497 Malbun  
T +423 265 90 00  
[info@gorfion.li](mailto:info@gorfion.li)  
→ [gorfion.li](https://gorfion.li)

### **JUFA Hotel Malbun – Alpin-Resort \*\*\* Superior**

Malbunstrasse 60, 9497 Malbun  
T +423 399 20 00  
[malbun@jufa.eu](mailto:malbun@jufa.eu)  
→ [jufa.eu/malbun](https://jufa.eu/malbun)

### **Hotel Turna \*\*\* Superior**

Im Malbun, 9497 Malbun  
T +423 265 50 40  
[info@turna.li](mailto:info@turna.li)  
→ [turna.li](https://turna.li)

### **Hotel Kulm \*\*\***

Schlossstrasse 3  
9497 Triesenberg  
T +423 237 79 79  
[info@hotelkulm.li](mailto:info@hotelkulm.li)  
→ [hotelkulm.li](https://hotelkulm.li)

### **Alpenhotel Malbun \*\* Superior**

Im Malbun 11, 9497 Malbun  
T +423 263 11 81  
[info@alpenhotel.li](mailto:info@alpenhotel.li)  
→ [alpenhotel.li](https://alpenhotel.li)

### **Hotel Oberland \*\*\***

Bergstrasse 25  
9497 Triesenberg  
T +423 265 01 01  
[booking@hotel-oberland.li](mailto:booking@hotel-oberland.li)  
→ [hotel-oberland.li](https://hotel-oberland.li)

### **Hotel Falkneri Galina \*\*\* Superior**

Im Malbun 20, 9497 Malbun  
T +423 265 34 24  
[info@galina.li](mailto:info@galina.li)  
→ [galina.li](https://galina.li)

**Hotels and accommo-  
dations in Liechtenstein**  
→ [tourismus.li/  
uebernachtung](https://tourismus.li/uebernachtung)

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## Easy walk for families – along the Sass Trail to the Sass lake

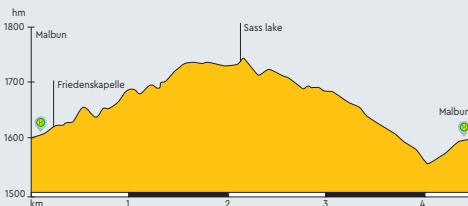


### Malbun – Sass lake – Malbun

The Sass Trail near the mountain village of Malbun is a well-signposted circular hiking Trail which can be hiked throughout the year. The section to the Sass lake leads along the Malbun Explorer Path, a fun and educational Trail for children made up of ten learning stations.

<b>Level of difficulty</b>	— — — — —
<b>Fitness</b>	Level 1
<b>Walking time</b>	2 h
<b>Distance</b>	4,4 km
<b>Ascent/descent</b>	189/189 m
<b>Highest point</b>	Weierböda (1725 m)
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Malbun (1600 m), parking spaces at the lower entrance to the village. More information about the Malbun Explorer Path at <a href="https://forscherweg.li">→ forscherweg.li</a>
<b>Public transport</b>	Malbun bus stop on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Restaurants in Malbun; no places serving food and drink along the way; rest area with BBQ spot at Sass lake
<b>Accommodation</b>	Hotels in Malbun

From the car park on the outskirts of Malbun, the route leads up to the Friedenskapelle, the highest church in Liechtenstein, perched at the foot of the Ochsenkopf massif and visible from afar. Architect Johannes Hugentobler designed this light-coloured stone building to blend in with the mountain scenery behind it. From the Friedenskapelle, the Sass Trail – which takes its name from the Latin word "saxum" (rock) – leads gently up through forests and across meadows with water sources like the "Weierböda". At the Sass lake you will find a large rest area with a BBQ spot. Leaving the Sass lake, the Sass Trail leads down across the meadows of Alp Sass to the "Schneeflucht" and on to the holiday village and winter sports resort of Malbun. The Sass Trail is also suitable for large-wheeled children's buggies.





## Vaduz Castle up close – circular hike along the Grüscha Trail

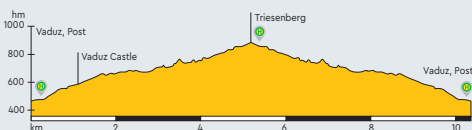


### Vaduz – Grüscha Trail – Triesenberg – Frommenhaus – Vaduz

From Vaduz, the capital of the Principality of Liechtenstein, the Grüscha Trail leads past Vaduz Castle, through the princely forest to the Walser village of Triesenberg with its beautiful views and back to Vaduz via the hamlet of Rotaboda.

<b>Level of difficulty</b>	■ ■ ■ ■ ■
<b>Fitness</b>	Level 2
<b>Walking time</b>	3.5 h
<b>Distance</b>	10.5 km
<b>Ascent/descent</b>	430/430 m
<b>Highest point</b>	Rotaboda (884 m)
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Vaduz (460 m), several parking garages; alternative parking available above Vaduz Castle
<b>Public transport</b>	Vaduz Post bus stop, bus connections to Triesenberg on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Restaurants in Vaduz and Triesenberg
<b>Accommodation</b>	Hotels in Vaduz and Triesenberg

From the bus stop in the centre of Vaduz, the Postgass road leads uphill through the pedestrianised zone past the Museum of Fine Arts and the Treasure Chamber. At the Brasserie Burg, the path branches off steeply to the right into the Beckagässli and from there into the Haldenweg. The Haldenweg changes to a steep wooded slope, and from there the Schlossweg leads to the Fürst-Franz-Josef-Strasse. The path then leads directly past Vaduz Castle, the residence of the Princely Family, and offers good photo opportunities. Afterwards, the Trail follows the mountain road uphill to a car park, until the Grüscha Trail works its way up through a beech forest to the village of Triesenberg (884 metres), traditionally home to the Walser people. In Triesenberg you can have lunch in a restaurant or visit the Walser Museum. From the village centre, the trail follows the Tobelweg up to the hamlet of Rotaboda, where the descent leads down via the Frommenhaus back to Vaduz.





## High above the Rhine Valley – circular hike on the Philosophers' Trail

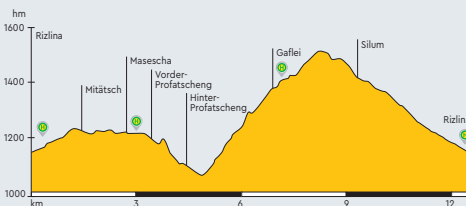


### Rizlina – Gnalp – Masescha – Vorder-Profatscheng – Hinter-Profatscheng – Gaflei – Silum – Gnalp – Rizlina

This hike on the Philosophers' Trail leads along natural paths through the rich landscape traditionally home to the Walser people and their culture. Stop off at the Berggasthaus Masescha mountain inn to enjoy the magnificent view from the terrace and taste the famous apple pie.

<b>Level of difficulty</b>	— — — — —
<b>Fitness</b>	Level 3
<b>Walking time</b>	4,5 h
<b>Distance</b>	12.2 km
<b>Ascent/descent</b>	666/666 m
<b>Highest point</b>	1597 m
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Rizlina (1170 m) above Triesenberg, on the right-hand side of the road at the Rizlina bus stop there are several parking spaces available
<b>Alternative route</b>	From Masescha via the quiet road to Silum. (walking time -1.5 h)
<b>Public transport</b>	Triesenberg Rizlina bus stop on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Berggasthaus Masescha, Gaflei-Stuba, restaurants in Triesenberg
<b>Accommodation</b>	Hotels in Triesenberg and Malbun

The hike starts at Rizlina, high above the Walser village of Triesenberg. The path first leads past Gnalp in a northerly direction along the Philosophers' Trail to the small Walser settlement of Masescha (1234 metres). It is worth stopping at the Berggasthaus Masescha mountain inn and enjoying the apple pie on the sunny terrace. After this rest, the route continues to the settlement of Vorder-Profatscheng with its many houses and farmsteads dotted across the mountain before heading gently downhill to Hinter-Profatscheng. The view of the Rhine Valley and the beautiful dark brown Walser houses make this trail a special experience. From Hinter-Profatscheng, the trail is well signposted and leads 350 vertical metres uphill through sparse mountain woodland to Gaflei (1483 metres). The ascent is well worthwhile, because the view from Gaflei into the Rhine Valley is spectacular. After the steep ascent to Gaflei, the route becomes easier and heads via Silum back to the starting point in Rizlina.







## Around the Ruggeller Riet – hiking in the heart of a natural paradise

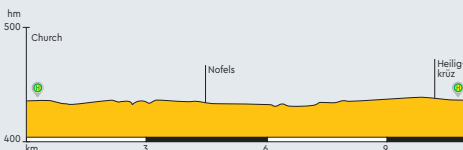


### Ruggell – Bangserfeld – customs crossing – Nofels – Bangserfeld – Ruggell

The Ruggeller Riet forms – together with the Bangser Riet in neighbouring Vorarlberg – a magnificent wetland landscape. In May/June the area is covered in a carpet of shimmering blue as the Siberian iris comes into bloom. Rare birds nest in the reeds and woods. With a little bit of luck you may also see a beaver or kingfisher.

<b>Level of difficulty</b>	■ □ □ □ □
<b>Fitness</b>	Level 2
<b>Walking time</b>	3 h
<b>Distance</b>	10.9 km
<b>Ascent/descent</b>	20/20 m
<b>Highest point</b>	Ruggell (441 m)
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Post office in Ruggell, parking available
<b>Public transport</b>	Ruggell Kirche bus stop on the Bendern – Ruggell – Hinterschellenberg route
<b>Food &amp; drink</b>	Restaurants in Ruggell
<b>Accommodation</b>	Hotels in Ruggell

From the church in Ruggell, the route follows the Rhine road to the bridge over the inland canal. You will find an information board here showing the hiking, jogging, walking and cycling routes along the Rhine and the canal as well as through the Ruggeller Riet. Follow the canal down the valley. On the right there is the Widau leisure park with its skatepark, beach volleyball court, hockey field and play area. At the renaturalised mouth of the canal into the Rhine, in Bangserfeld, the circular Trail swings inland to the BBQ spot at Weienau, where you can take a break. Just before the Bangshof, a dairy farm producing cheese from Liechtenstein, the path turns left. After the customs crossing at Nofels, the trail reaches the edge of the forest at the foot of the Eschnerberg, which now provides the scenic route up the valley until the signs point back to Ruggell.





## Experience history on the Historical Eschnerberg Trail

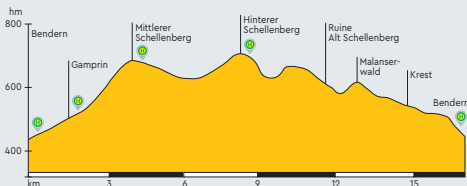


### Bendern – Gamprin – Mittlerer Schellenberg – Gantenstein – Hinterer Schellenberg – Ruine Alt Schellenberg – Malanserwald – Bendern

Constructed between 1972 and 1975, the Historical Eschnerberg Trail runs on both sides of the ridge of Eschnerberg and past sites of archaeological and historical interest. Hikers can choose between the full distance and four shorter, well-signposted circular routes.

<b>Level of difficulty</b>	— — — — —
<b>Fitness</b>	Level 2
<b>Total distance</b>	17.2 km / ascent/descent 620 m / 3.45 h
<b>Alternative routes</b>	Hike 1: 6 km / ascent/descent 140 m / 2 h Hike 2: 3.1 km / ascent/descent 65 m / 1 h Hike 3: 5.9 km / ascent/descent 145 m / 2 h Hike 4: 8.2 km / ascent/descent 205 m / 3 h → <a href="https://www.hoehenweg.li">hoehenweg.li</a>
<b>Highest point</b>	Hinterer Schellenberg (694 m)
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Bendern post office (468 m), parking available
<b>Public transport</b>	Bendern Post bus stop on the Vaduz – Schaan – Bendern or Eschen – Bendern – Ruggell route
<b>Food &amp; drink</b>	Restaurants in Schellenberg and Bendern, BBQ spot at the Neu-Schellenberg ruins
<b>Accommodation</b>	Hotels in Schellenberg and Bendern

The Historical Eschnerberg Trail can be completed in either one hike of 17 kilometres or four sections of around 3 to 8 kilometres each. The route leads through a quiet forest, past prehistoric settlement sites, and offers magnificent views of the Rhine Valley, the Rätikon mountains, the Alvier mountains and the Alpstein mountains. The Historical Eschnerberg Trail has its own special charm whatever the season. Information boards along the way inform hikers about archaeological sites, the history of the five municipalities in Liechtenstein's Unterland (the north of the country), how many places got their names, local legends as well as natural history events. Each information board is provided with a QR code and a map, which hikers can use to find out more about their exact location.





## Visit the Giant of Guflina on the Wals Fable Trail

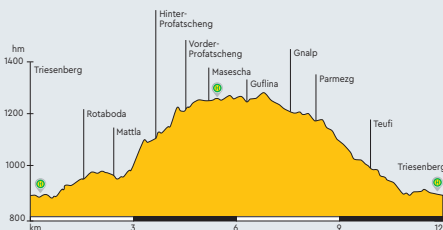


### Triesenberg – Rotaboda – Hinter Profatscheng – Masescha – Philosophers' Trail – Gnalp – Rizlina – Teufi – Triesenberg

Myths and legends accompany hikers on their way through a fascinating cultural landscape with magnificent views of the Rhine Valley and the surrounding mountains. The varied Walser Fable Trail has information stations dotted along the way telling the story of the Walser people native to Triesenberg.

<b>Level of difficulty</b>	■ ■ ■ ■ ■
<b>Fitness</b>	Level 3
<b>Total distance</b>	12.1 km/ascent/descent 520m/5h
<b>Alternative routes</b>	Route 1: Walser Museum – Masescha (5.5 km/2.5h) Route 2: Masescha – Rizlina (2.3 km/1h) Route 3: Rizlina – village centre (4 km/1.5h)
<b>Highest point</b>	Mitätsch (1262 m)
<b>Requirements</b>	The section from Triesenberg to Masescha is steep, requires sturdy footwear and is not suitable for prams and buggies
<b>Start/finish</b>	Village square in Triesenberg (884 m), parking available in the centre
<b>Public transport</b>	Triesenberg Post bus stop on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Berggasthaus Masescha, Gaflei-Stuba, restaurants in Triesenberg
<b>Accommodation</b>	Hotels in Triesenberg

As they make their way along the Wals Fable Trail, hikers will encounter bizarre characters such as the Erbi Ghost, the Wild Männli and the Fiery Red Billy Goat. Information boards tell some of the many local legends as providing information about the Walser people and their culture. The starting point is on the village square in Triesenberg, where the Walser Museum is located. The first 5.5 km section leads to Masescha and is not suitable for prams and buggies. Sturdy footwear is needed for this challenging hike lasting approximately 2.5 hours. The second part of the Wals Fable Trail from Masescha to Rizlina is suitable for prams and buggies. It takes around one hour to complete the easy 2.3 km walk. The last part of the trail leads from Rizlina, past the Studa play area the Rossboda rest area, back to the starting point in the centre of Triesenberg. This third part of the Wals Fable Trail is four kilometres long and takes about 1.5 hours to complete.





## Fly through the mountains – Malbun Swing Trail



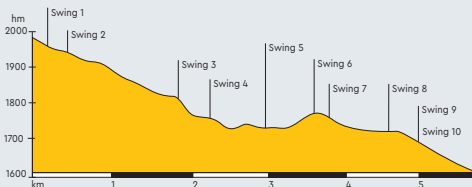
### Sareis – Alpe Turna – Heita – Pradamee – Malbun

In Malbun, young and old can enjoy spectacular open-air swings with fantastic views along the swing trail. The easy hiking route, along which you can catapult yourself into the air on a total of ten swings, extends over 5.5 km. The trail is also easy to for children from the age of five to master.

<b>Level of difficulty</b>	■ □ □ □ □
<b>Fitness</b>	Level 2
<b>Walking Time</b>	1,5 h
<b>Distance</b>	5,5 km
<b>Ascent/descent</b>	58/439 m
<b>Highest point</b>	Sareis (2000 m)
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Malbun (1600 m), parking spaces at the lower entrance of the village.
<b>Public transport</b>	Malbun bus stop on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Bergrestaurant Sareis and Restaurants in Malbun
<b>Accommodation</b>	Hotels in Malbun

The Sareis chairlift takes you to the starting point at the Sareis mountain station. The swing trail begins just above the station, where the first of the larger swings is located. From the Sareis mountain restaurant, the trail leads to the next swing along the unpaved track to Alpe Turna. Amidst the Malbun landscape, with its stunningly lush and green alpine meadows with dreamy mountain flora and the mountain range of the Malbun valley, we first descend to Turna. Even before the Alpe is reached, the next swing is waiting for you.

The trail continues leisurely down the valley through meadows, past grazing cows, then continues over the little bridge of the Malbunbach and climbs again up the other side of the valley. The leisurely and steadily ascending winding trail ascends to Alp Pradamee. Before reaching Pradamee, a large swing awaits, on which three people can swing together and which is guaranteed to provide fun and more than a little laughter. From here, the trail descends once again and brings day-trippers back to Malbun, where they can relax and recuperate in one of several restaurants.





Augstenberg

2359 metres

Princess Gina Trail

Malbun

1600 metres



## The Liechtenstein Trail



**Balzers – Triesen – Triesenberg – Vaduz – Schaan – Planken – Nendeln – Eschen – Barend – Gamprin – Ruggell – Schellenberg – Mauren – Schaanwald**

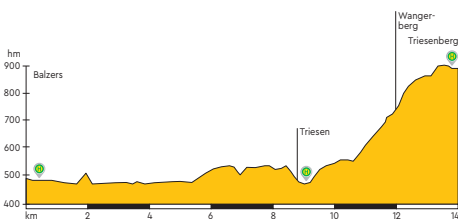
The Liechtenstein Trail gives hikers a detailed insight into the landscape and culture of the country. It comprises 75 kilometres of exciting stories, places of interest, magnificent views, idyllic resting places and much more. The best way to hike the Liechtenstein Trail, which passes through all the country's municipalities, is in several day stages.

<b>Level of difficulty</b>	■ ■ ■ ■ □ □	<b>Start</b>	Balzers (472 m)
<b>Fitness</b>	Level 3	<b>Finish</b>	Schaanwald (450 m)
<b>Stages</b>	Balzers-Triesenberg (14 km/572 m/4 h) Triesenberg-Vaduz (10 km/264 m/3 h) Vaduz-Nendeln (17 km/571 m/5 h) Nendeln-Ruggell (15 km/269 m/4 h) Ruggell-Schaanwald (19 km/507 m/5.5 h)	<b>Public transport</b>	Trail can be started in any municipality
<b>Highest point</b>	Profatscheng (1109 m)	<b>Food &amp; drink</b>	Restaurants in the municipalities
<b>Requirements</b>	Sturdy footwear, sure footing required in places	<b>Accommodation</b>	Hotels in Balzers, Triesen, Triesenberg, Vaduz, Nendeln, Barend, Ruggell, Schellenberg
		<b>Tip</b>	The L!story app has been specially developed to accompany walkers and hikers on the Liechtenstein Trail. It provides detailed information on the history and culture of the country. The app can be downloaded free of charge from the App Store and via Google Play.



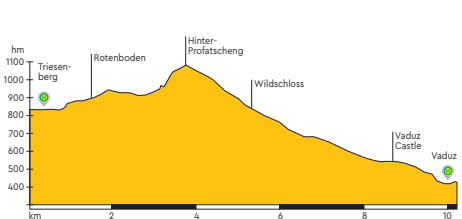
## Stage 1 Balzers – Triesenberg

The starting point of the Liechtenstein Trail is at the Liechtenstein/Switzerland border crossing at St. Kathrinabrunna in Balzers. Gutenberg Castle, which towers over Balzers, is visible from afar. After passing the medieval castle, the route leads through Balzers and on to Triesen. Hikers pass through the old part of the village and reach an area of land formerly home to the Jenny, Spoerry & Cie cotton-weaving mill and today occupied by the Kulturzentrum Gasometer. From here, the path leads steadily uphill to the Kapelle St. Mamerten. This is followed by the steep ascent to the Walser village of Triesenberg. The village centre lies at an around 900 metres above sea level. Triesenberg emerged from a Walser settlement in the 13th/14th century and has preserved its history and traditions over the years.



## Stage 2 Triesenberg – Vaduz

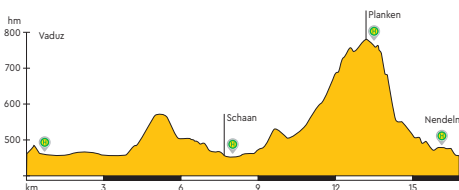
From the centre of Triesenberg, the route first leads hikers to an eye-catching rock deposited here as the glaciers slowly retreated millions of years ago. The journey then continues to the listed farmstead settlement of Profatscheng. From here hikers can enjoy fantastic views of the Rhine Valley. The trail leads steeply downhill through the forest past the ruins of Schalun Castle to Vaduz Castle, the most recognisable landmark in Liechtenstein. After passing Vaduz Castle, there is a short descent into the centre of Vaduz. In the town centre, the walk continues through the pedestrianised zone. Here it is well worth having a look at some of the many museums. After crossing the government district, the path leads past St. Florin's Cathedral to the old bridge over the Rhine. Hikers then pass the football stadium and return to the centre of Vaduz.





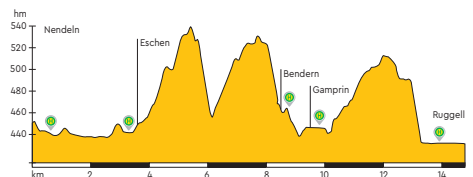
## Stage 3 Vaduz – Nendeln

The route climbs steadily through Alt-Vaduz to the Red House. From there you have a wonderful view of Vaduz Castle. After passing the University of Liechtenstein, the path becomes flatter and leads to a debris flow (known in Liechtenstein as Rüfe) and then to the centre of Schaan. From there the route leads up to the St. Elisabeth Nunnery before a short, flat section to the Gamanderhaus. From the Gamanderhaus there are now about 300 vertical metres of climbing to be completed to Planken, Liechtenstein's smallest municipality. From here you can enjoy magnificent views of the Rhine Valley. The stage ends with a very steep descent on a mountain trail down to Nendeln.



## Stage 4 Nendeln – Ruggell

From Nendeln railway station, the trail continues to the Sportpark Eschen/Mauren and from there to Eschen. A slight incline leads to Aspen and then down into the village centre. The path then heads up again and passes the Rofenberg Chapel. At Krest hikers can enjoy the beautiful views and then follow a section of the Historical Eschnerberg Trail. This is followed by the short descent past the church hill to the post office in Bendern. The route then leads from Bendern along the Rhine to the Grossabünt leisure complex in Gamprin. The bathing lake here is a good place to stop for a rest and something to eat. The route continues on into the village centre of Gamprin. Finally, the trail leads along a dirt road through the Kratzerawald forest to Ruggell.

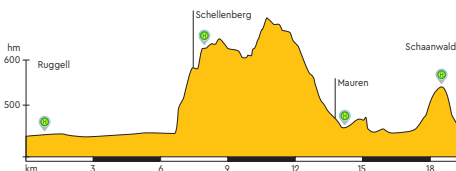






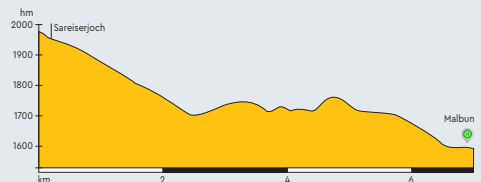
## Stage 5 Ruggell – Schaanwald

From the centre of Ruggell, the path leads into wetlands of the Ruggeller Riet. Fauna and flora offer nature lovers a wonderful experience here. After passing the wetlands, the short but steep climb to Schellenberg follows. The path leads to the village centre and from there on to Hinter-Schellenberg. On fine days, the panoramic views here extend as far as Lake Constance. A hiking trail leads along the Gantenstein to the upper ruins of Schellenberg Castle. Hikers then go down to Mauren via a former smuggling path. From the centre of the village, the route first climbs slightly to Fallsgass and then follows the Silk Tree Path via Rietstrasse to the Birka bird centre. Finally, the trail heads through the Maurer wetlands, then up past the spot in Schaanwald where bonfires are traditionally lit as part of the carnival celebrations before finishing at the Liechtenstein/Austrian border.



## Circular walk around Malbun

This is an optional extension of the Liechtenstein Trail heading into the mountains. It first takes the Sareis chairlift up onto the Sareiserjoch ridge. From Sareis (2000 metres) hikers can reach Alp Turna, which is located about 400 metres below Sareis. An evenly ascending trail heads up towards Malbun. Finally, just before Alp Pradamee, there is a short descent to the centre of Malbun, where there are a number of restaurants.





Hoher Kasten

1794 metres

Lake Constance

Drei Schwestern

Rhine Valley



## From Malbun to Schönberg mountain

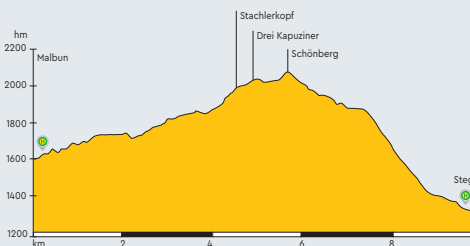


### Malbun – Sass – Sassförlke – Schönberg – Bärgi – Steg

Covered with lush meadows and offering spectacular views, Schönberg mountain (2104 metres) is located in the heart of the Liechtenstein Alps and offers sweeping vistas taking in the peaks and valleys of both Liechtenstein itself and the neighbouring countries of Switzerland and Austria.

<b>Level of difficulty</b>	
<b>Fitness</b>	Level 2
<b>Walking time</b>	4 h
<b>Distance</b>	12.5 km
<b>Ascent/descent</b>	670/670 m
<b>Highest point</b>	Schönberg mountain (2104 m)
<b>Requirements</b>	Sturdy footwear and surefootedness required; exposed areas are secured with steel ropes
<b>Start/finish</b>	Malbun (1600 m), parking spaces at the edge of the village
<b>Alternative routes</b>	From Bärgi to Malbun (distance: +2.1 km/+175 vertical metres)
<b>Public transport</b>	Malbun bus stop on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Restaurants in Malbun and Steg; no places serving food and drink along the way
<b>Accommodation</b>	Hotels in Malbun, Berggasthaus Sücca in Steg

From the car park at the edge of the village of Malbun, the adventure begins with a climb up to the Friedenskapelle chapel. Here, the easy Sass Trail branches off to the left and leads first to the Jägerhaus and then on to the meadows of Alp Sass. At the meadows, the path branches off to the right to Sassförlke, the watershed between Alp Sass and Alp Guschg. From Sassförlke a more challenging path leads uphill through an area of pastureland, then over the slope of the Stachlerkopf. Keep your eyes out for the "Three Capuchins", head-shaped rocks that look like three monks when viewed from Alp Guschg. A mountain trail with steel ropes and handholds in places leads on to the flower-filled southwestern ridge of Schönberg mountain. The summit offers a fantastic view of the Liechtenstein Alps, the Rätikon mountains to the southeast as well as the Rhine Valley 1600 metres below and to the Alvier mountains, the peaks of the Churfürsten and the mighty Säntis summit in the Alpstein massif. Heading back, hikers can take either the marked trail via Bärgi to Malbun or head to Steg.





## Classic high-altitude hike along the Fürstensteig and over the Drei Schwestern

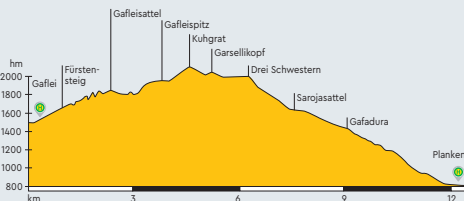


### Gaflei – Fürstensteig – Kuhgrat – Drei Schwestern – Sarojasattel – Gafadura hut – Planken

The Fürstensteig and the path over the Drei Schwestern mountain are two famous hiking routes in Liechtenstein's high mountains connected by an exposed ridgetop track offering majestic views of the surroundings. An unforgettable adventure suitable only for sure-footed walkers with a good head for heights.

<b>Level of difficulty</b>	■■■■■
<b>Fitness</b>	Level 4
<b>Walking time</b>	5h
<b>Distance</b>	11.9 km
<b>Ascent/descent</b>	819/1540 m
<b>Highest point</b>	Kuhgrat (2123 m)
<b>Requirements</b>	Surefootedness and a good head for heights
<b>Start</b>	Gaflei (1483 m), parking available
<b>Finish</b>	Planken (786 m)
<b>Alternative route</b>	Bypass the Fürstensteig via Bargella-sattel ridge, bypass the Drei Schwestern via Garsella Alpe/Garsella Eck
<b>Public transport</b>	<b>Outward journey:</b> Gaflei bus stop on the Vaduz – Triesenberg – Gaflei route <b>Return journey:</b> Saroja bus stop on the Vaduz – Schaan – Planken Saroja route
<b>Food &amp; drink</b>	Gafadura hut
<b>Accommodation</b>	Gafadura hut

The hike begins at the Gaflei car park above Triesenberg. The beginning of the Fürstensteig is marked by a sign which warns against falling rocks. The stony path leads through craggy rock landscapes with several exposed sections secured with steel ropes and handholds. After about an hour, the Fürstensteig is completed and hikers stand atop the Gafleisattel ridge looking towards the Drei Schwestern mountain in the distance. The route continues to the Kuhgrat, at 2123 metres the highest point of the hike. After passing the Garsellikopf mountain, it is then time to take on the legendary Drei Schwestern mountain. According to legend, three sisters (Drei Schwestern) were frozen in rock forever as punishment for picking berries instead of going to church on the feast day of the Assumption of Mary. Surefootedness and a head for heights are essential for hikers exploring the Drei Schwestern mountain and the Fürstensteig. The final section descends via the Sarojasattel ridge to the Gafadura hut and from there to the finishing point in Planken.






## Hike along the Princess Gina Trail

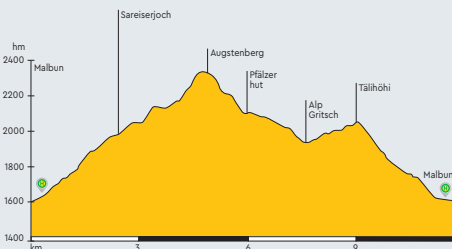


### Malbun – Sareis – Augstenberg – Pfälzer hut – Tälihöhi – Malbun

With breathtaking views, the Princess Gina Trail follows the ridge between the Malbun Valley and the Nenzinger Himmel to the summit cross atop the Augstenberg mountain and the Pfälzer hut on the Bettlerjoch ridge.

<b>Level of difficulty</b>	
<b>Fitness</b>	Level 3
<b>Walking time</b>	5 h
<b>Distance</b>	11.9 km
<b>Ascent/descent</b>	892/892 m
<b>Highest point</b>	Augstenberg (2359 m)
<b>Requirements</b>	Surefootedness and a good head for heights
<b>Start/finish</b>	Malbun (1600 m), parking spaces at the edge of the village
<b>Alternative route</b>	Take the chairlift to Sareis and continue to the Sareiserjoch ridge (vertical metres: -376 m/walking time: -45 minutes)
<b>Public transport</b>	Malbun stop on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Bergrestaurant Sareiserjoch, Pfälzer hut, restaurants in Malbun
<b>Accommodation</b>	Pfälzer hut, hotels in Malbun

Leaving from Malbun, hikers can head up onto the Sareiserjoch ridge either using the chairlift or on foot. From there, the Princess Gina Trail follows a ridgetop path dotted on either side with fine alpine flowers before reaching the Augstenberg mountain. The trail is named after Princess Gina von und zu Liechtenstein (†1989). From the mighty cross atop the summit, hikers enjoy magnificent panoramic views of the Falkniskette, Schesaplanastock, Malbun, Gamperdona and Valüna – a fine reward for all that hard work. The following ridgetop path to the Pfälzer hut is demanding, steep in places and secured with steel ropes on exposed sections. Those who opt to stay the night at the Pfälzer hut can climb the Naafkopf peak early the next morning and enjoy an unforgettable sunrise from the top of the mountain. From the Pfälzer hut there is a road leading down to Alp Gritsch, where the trail to Tälihöhi begins. This is followed by a descent through flower-filled meadows with beautiful views of Malbun.





## Circular hike through the Valüna Valley

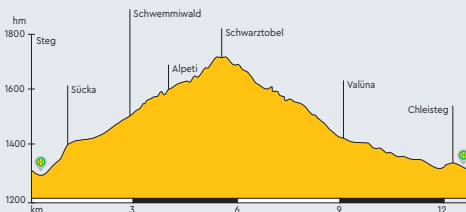


### Steg – Sücka – Alpeti – Waldboden – Valüna – Steg

Long circular hike in the Valüna Valley taking in lush flower-filled alpine meadows. The mountains surrounding the valley and the pastureland around Steg are particularly beautiful for nature lovers.

<b>Level of difficulty</b>	■ ■ ■ □ □ □
<b>Fitness</b>	Level 3
<b>Walking time</b>	4.5 h
<b>Distance</b>	12.7 km
<b>Ascent/descent</b>	487/487 m
<b>Highest point</b>	Schwarzotobel (1732 m)
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Steg (1301 m), parking spaces at the Gängle lake reservoir
<b>Alternative route</b>	Rappenstein mountain (2222 m) can be reached on well-signposted paths (+400 m/+1 h)
<b>Public transport</b>	Hotel or Tunnel bus stops in Steg on the Vaduz – Steg – Malbun route
<b>Food &amp; drink</b>	Berggasthaus Sücka, Alp Valüna and the Bergstüble and Seeblick restaurants in Steg
<b>Accommodation</b>	Berggasthaus Sücka in Steg

From the southern end of Gängle lake reservoir, a dirt road leads gently uphill to the Berggasthaus Sücka mountain inn. The path then leads along the right-hand side of the Valüna Valley, about half way up between the valley floor and the mountain peaks. As you progress along the valley, the views constantly change. The “Fula Felsa” provides a good example of how the slate has been eroded here. Hikers will also enjoy the rich alpine flora with its many eye-catching colours. Past beautiful pasture hollows and a sparse pine forest, hikers head downhill towards the Alp Valüna hut serving food and drink then on to Steg. Tip for families: Take some food with you, enjoy a BBQ next to the Samina stream and cool off with a dip in the Gängle lake reservoir or the Samina river.






## Sunrise on the Naafkopf mountain

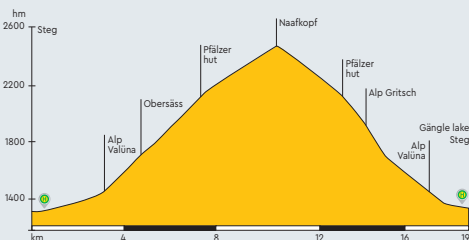


### Steg – Valüna – Pfälzer hut – Naafkopf – Pfälzer hut – Valüna – Steg

From Valüna river to the Alp Valüna hut and on to the Pfälzer hut, the highest hut in Liechtenstein. The impressive highlight of the hike is watching the sunrise from the top of the Naafkopf mountain.

<b>Level of difficulty</b>	
<b>Fitness</b>	Level 4
<b>Walking time</b>	8 h
<b>Distance</b>	19 km
<b>Ascent /descent</b>	1258/1258 m
<b>Highest point</b>	Naafkopf (2561m)
<b>Requirements</b>	Surefootedness and a good head for heights
<b>Start /finish</b>	Steg (1301m), parking spaces at the Gängle lake reservoir
<b>Public transport</b>	Hotel or Tunnel stop in Steg on the Vaduz – Steg – Malbun route
<b>Food &amp; drink</b>	Alp Valüna, Pfälzer hut and the restaurants Bergstüble and Seeblick in Steg
<b>Accommodation</b>	Pfälzer hut

The hike begins at the Gängle lake reservoir in Steg and leads first into the romantic Valüna Valley. At the Alp Valüna hut hikers can take a break before the path becomes steeper. A quarter of an hour from the point in Obersäss where several trails intersect, our route joins the Liechtenstein Panorama Trail. The path runs parallel to the Via Alpina trail through the Naaf Valley, which is rich in plants and surrounded by scree slopes, and then reaches the Pfälzer hut. Hikers who opt to stay the night there should take on the approximately one-hour climb to the top of the Naafkopf mountain the following morning and enjoy an unforgettable sunrise. The borders of Austria, Switzerland and Liechtenstein meet on this mountain. With a bit of luck you will also see ibex. Return to the Pfälzer hut and then head down to Alp Gritsch. From there, the hiking trail winds its way down in a series of switch-back corners through the steep slopes of Retta to Alp Valüna and the Gängle lake.





## Circular hike on the Rappenstein mountain

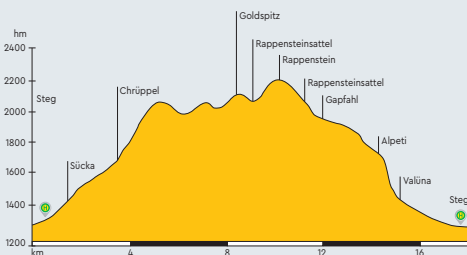


### Steg – Sücka – Chrüppel – Rappenstein – Rappensteinsattel – Rappenstein – Gapfahl – Valüna – Steg

This hike leads along a ridgetop path through impressive scenery to the Rappenstein (2222 metres), a high mountain crowned by a mighty cross on its summit. From here you can see many mountains of the Liechtenstein Alps and the Alpstein massif as well as, on clear days, as far as Lake Constance.

<b>Level of difficulty</b>	■■■■■
<b>Fitness</b>	Level 4
<b>Walking time</b>	6 h
<b>Distance</b>	18 km
<b>Ascent/descent</b>	1071/1071 m
<b>Highest point</b>	Rappenstein (2222 m)
<b>Requirements</b>	Mountain trail for sure-footed hikers with a good head for heights
<b>Start/finish</b>	Steg (1301m), parking spaces available at the Gängle lake reservoir in Steg
<b>Public transport</b>	Hotel or Tunnel bus stop in Steg on the Vaduz – Steg – Malbun route
<b>Food &amp; drink</b>	Berggasthaus Sücka, Alp Valüna and the restaurants Bergstüble and Seeblick in Steg
<b>Accommodation</b>	Berggasthaus Sücka in Steg

From Steg, the first climb leads to the Berggasthaus Sücka mountain inn. At Kulm, the hiking trail then branches off sharply left onto the ridgetop path along the main ridge of the Liechtenstein Alps. Partly in the forest, partly with brilliant panoramic views, this up-and-down path follows the ridge over Chrüppel and Heubüal before leading to the Goldlochspitz and descending onto a saddle, where the final ascent to the summit of the Rappenstein mountain begins. To the south the huge rock faces of the Falkniskette massif dominate. The Rappenstein mountain offers hikers a magnificent panorama. On the other side of the Rhine Valley, the summits of the Glarus Alps as well as the Churfürsten and Säntis peaks in the Appenzell Alps can be seen. In good weather you can even see Lake Constance in the distance. The route back leads to the Rappensteinsattel ridge, then right down to Alp Gapfahl and from there down into the Valüna Valley. Finally, a wide dirt road leads along the Valüna stream past Alp Valüna to Steg.








## Alpspitz – Liechtenstein's first summit cross

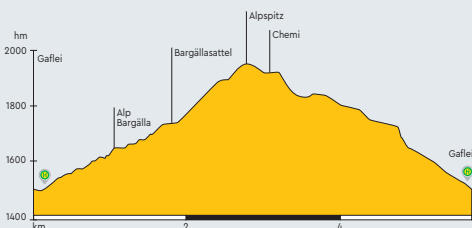


### Gaflei – Bargälla-Sattel – Alpspitz – (Fürstensteig) – Gaflei

The panoramic Alpspitz mountain rises above Bargälla. The Fürstensteig, probably the most famous mountain hiking trail in the Rhine Valley, leads up over the western flank and offers lots of surprises and contrasts along the way.

<b>Level of difficulty</b>	
<b>Fitness</b>	Level 3
<b>Walking time</b>	3 h
<b>Distance</b>	6.3 km
<b>Ascent/descent</b>	529/529 m
<b>Highest point</b>	Alpspitz (1942 m)
<b>Requirements</b>	Sturdy footwear and surefootedness; the Fürstensteig also requires a good head for heights
<b>Start/finish</b>	Gaflei (1483 m), parking available
<b>Public transport</b>	Gaflei bus stop on the Vaduz – Triesenberg – Gaflei route
<b>Food &amp; drink</b>	Gaflei-Stuba, Berggasthaus Masescha; no places along the way
<b>Accommodation</b>	Hotels in Triesenberg

From Gaflei, an alpine trail winds its way up to Alp Bargälla and on to the Bargälla-Sattel ridge, where the view encompasses the Liechtenstein Alps with their valleys and peaks. The summit of the Alpspitz appears close enough to touch. Between Legföhren, the path leads past Liechtenstein's geographical centre and up to the mountain cross at the top of the mountain – a good place to take a break with a magnificent panoramic view. From the Alpspitz the trail continues through a dense pine forest to the "Chemi". There, hikers must decide whether they wish to head via the Gafleisattel ridge and Fürstensteig or take the route via the Bargälla-Sattel back to the starting point in Gaflei.





## Through the wild Samina Valley to Austria

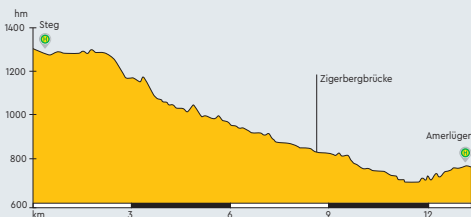


### Steg – Bödastall – Falleck – Amerlügen

The first snow on the mountains, golden leaves in the valley, the cascading water of the Samina river shimmering in the sunlight. Autumn is the perfect time of year to embark on this hike through the valley at the foot of the Drei Schwestern mountain.

<b>Level of difficulty</b>	■ ■ ■ ■ □ □
<b>Fitness</b>	Level 3
<b>Walking time</b>	4,5 h
<b>Distance</b>	13.6 km
<b>Ascent/descent</b>	218/769 m
<b>Highest point</b>	Steg (1301m)
<b>Requirements</b>	No special requirements
<b>Start/finish</b>	Steg (1301m), parking spaces at the Steger Tunnel – Amerlügen (760 m), hamlet in the municipality of Frastanz, Vorarlberg
<b>Public transport</b>	<p><b>Outward journey:</b> Steg Tunnel bus stop on the Vaduz – Steg – Malbun route.</p> <p><b>Return journey:</b> Bus line Amerlügen – Frastanz, change to Feldkirch railway station, continue via Vaduz back to the starting point in Steg. On weekends the bus from Amerlügen to Frastanz runs only on demand; please book by 8pm the day before: T +43 (0)664 162 11 44</p>
<b>Accommodation</b>	Berggasthaus Sücka in Steg

The Samina is the soul of Liechtenstein's alpine lakes and rivers. In the hamlet of Steg, where long ago the first bridge across the Samina was built, the river is dammed. From the Tunnel bus stop in Steg, markings on the road lead over the bridge, past the entrance to the tunnel and right onto the "Bödastrasse", a mountain track that ends at the "Bödastall". It is here that the actual trail begins, leading west of the river all the way to the Austrian border. Hikers make their way across Sulzboden down to Chaufboda, then along the left-hand side of the river to the spot where it meets the Valorschbach, a stream coming down on the other side of the valley. At "Falleck", at the foot of the Drei Schwestern massif, the trail crosses into the Austrian province of Vorarlberg and becomes an easyforest track (yellow-and-white markings) in the idyllic gorge. After passing several bridges and crossing over the river a number of times, the trail leaves the Samina and leads to the village of Amerlügen with a beautiful vantage point overlooking an area of meadowland known as the Vorderälpele.





## Rough, wild, mystical – hike to Tuass

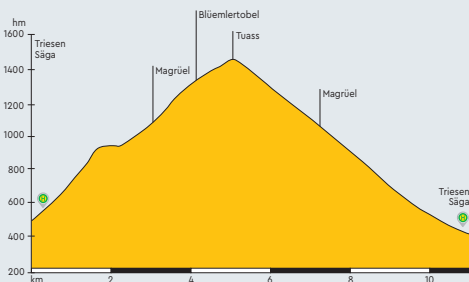


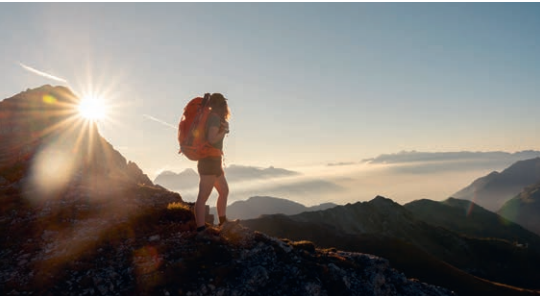
### Triesen (Neugrütt) – Magrüel – Blüemlertobel – Tuass – Triesen

This challenging hike up to the hay huts of Tuass is worth the effort thanks to the fabulous untouched nature, steep mountain meadows and magnificent views of the Rhine Valley. Tuass comprises around 30 wooden huts used in the past to store hay. Interestingly, these huts cannot be bought but instead pass down from one generation to the next.

<b>Level of difficulty</b>	
<b>Fitness</b>	Level 3
<b>Walking time</b>	4 h
<b>Distance</b>	11 km
<b>Ascent/descent</b>	941/941 m
<b>Highest point</b>	Tuass (1434 m)
<b>Requirements</b>	Sturdy footwear and good fitness
<b>Start/finish</b>	Säga Triesen (470 m), parking spaces at Säga Triesen
<b>Public transport</b>	Säga bus stop (Triesen) on the Vaduz – Sargans route
<b>Food &amp; drink</b>	Alte Eiche at Säga (Triesen); no places along the way
<b>Accommodation</b>	Hotels in Triesen, Mittagsspitze campsite (Triesen)

The hike up to Tuass starts at Neugrütt at the Mittagsspitze campsite in Triesen. After about 20 minutes, the trail branches off to the right and leads through the forest. The track then winds its way up via a series of switchbacks through the Magrüel pastures until it merges with a dirt road. A number of old wooden huts here serve as a reminder of how difficult haymaking was in days gone by. A few steps later hikers must choose between two paths. The more direct route leads via Blüemlertobel to Tuass. There is, however, an alternative route following the longer, steep mountain path up via many switchbacks through the beech forest towards Kemmi. The route continues past Gorn and Platta. After Platta the mostly flat hiking trail continues as far as Tuass. The route back initially leads along a trail towards Lawena. Once you reach the wide path, the route turns right and leads through the Lawenatobel to the pastures of Magrüel. From there, descend back to the Mittagsspitze campsite.





## Multi-day hike along the Liechtenstein Panorama Trail (Route 66)



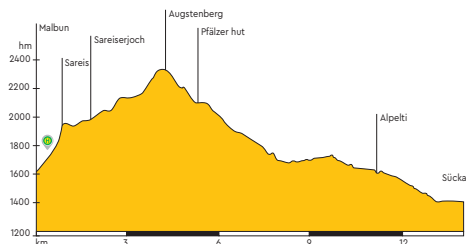
**Malbun – Augstenberg – Sücka – Fürstensteig – Gafadura – Planken – Nendeln – Schaanwald – Mauren – Schellenberg – Ruggell**

The Liechtenstein Panorama Trail, signposted as trail number 66, is the country's classic high-altitude hike. Taking three to four days to complete, this majestic route rich in alpine flora features ridges, summits and mountain huts as well as panoramic views stretching from peaks of the Rätikon massif to Lake Constance.

<b>Level of difficulty</b>	■■■■■
<b>Fitness</b>	Level 5
<b>Distance</b>	49.6 km
<b>Stages</b>	Malbun – Steg (13.0 km/502 m/6.5 h) Steg – Gafadura (11.8 km/965 m/6.5 h) Gafadura – Ruggell (19.2 km/405 m/6.5 h)
<b>Highest point</b>	Augstenberg (2359 m)
<b>Requirements</b>	Surefootedness, good head for heights, mountain experience & equipment
<b>Start/finish</b>	Malbun (1600 m) – Ruggell (441 m)
<b>Public transport</b>	<b>Outward journey:</b> Malbun bus stop on the Vaduz – Triesenberg – Malbun route <b>Return journey:</b> Ruggell – Bendern – Vaduz – Malbun route
<b>Food &amp; drink</b>	Bergrestaurant Sareiserjoch, Pfälzer hut, Gafadura hut, Berggasthaus Sücka (Steg) as well as locations in all villages along the way
<b>Accommodation</b>	Pfälzer hut, Berggasthaus Sücka (Steg), Gafadura hut, hotels in Malbun, Nendeln, Schellenberg and Ruggell

The Princess Gina Trail in Malbun is the starting point for the multi-day hike. From the Sareiserjoch, the Princess Gina Trail follows the rocky ridge with its magnificent views to the summit cross on top of the Augstenberg mountain, the highest point on the Liechtenstein Panorama Trail. From there, the trail descends through steep and rocky terrain to the Pfälzer hut (2108 metres), where hikers spend the first night.

Providing weather and snowfields permit, sure-footed hikers with a good head for heights can make a detour to the Naafkopf mountain. From the Pfälzer hut the route continues across the northern flank of the



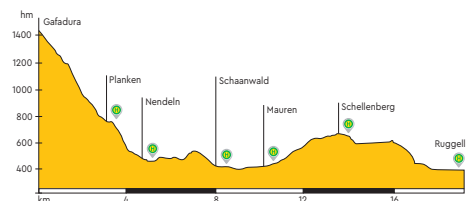
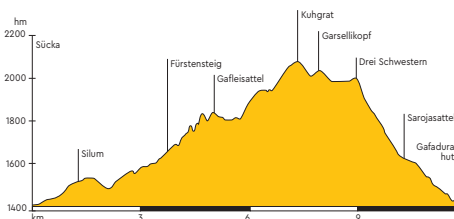


Naafkopf mountain. At the end of the Valüna Valley, the path leads past Schwarztobel and over Alpetli to the Berggasthaus Sücka mountain inn, where hikers can spend the night. This rustic mountain inn is perched at 1402 metres above the hamlet of Steg and offers great views of the meadows.

The next day an easy path leads past the pastures of Alp Silum with their beautiful views before an important decision must be made at the fork in the trail above Bärg and Gaflei. Those who want to avoid the demanding and exposed Fürstensteig with some sections including steel ropes for safety should choose the less dangerous but nevertheless beautiful route via Bargällasattel and Kamin. The Fürstensteig, which has been carved into the rock, winds its way between craggy rock formations up to Gafleisattel, where easy and difficult options merge again. From there the Panorama Trail climbs up to the Kuhgrat, which offers magnificent views. After passing the Garsellkopf, there is another important decision to make. The Panorama

Trail leads around the Drei Schwestern mountain via Alp Garsella to the Sarojasattel. Alternatively, hikers can go up over the Drei Schwestern mountain along a route that demands surefootedness and a good head for heights. The path then descends to the Gafadura hut (1428 metres), where a well-earned rest awaits.

The final stage begins at sunrise. The first section leads uphill via a series of switchbacks alternating between forest and scenic alpine paths. The Panorama Trail then leads down to Planken, a mountain village traditionally home to the Walser people. In the forest, the path winds steeply downhill and reaches Nendeln, then leaves the forest in Schaanwald and heads towards Eschnerberg via Mauren. The final downhill section of the Liechtenstein Panorama Trail leads from Hinter-Schellenberg down to Ruggell. We recommend taking this opportunity to visit the Ruggeller Riet nature reserve covering approximately 90 hectares.





## From Malbun over the Galinakopf mountain through the Valorsch Valley

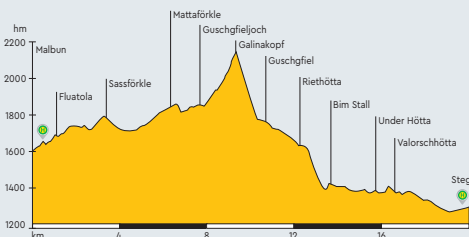


### Malbun – Sassförkle – Mattaförkle – Galinakopf – Mattaförkle – Bim Stall – Steg

The Galinakopf is the most remote of Liechtenstein's panoramic mountains – a mighty throne full of globeflowers and gentians towering high above the wild and idyllic Valorsch Valley.

<b>Level of difficulty</b>	■■■■■
<b>Fitness</b>	Level 5
<b>Walking time</b>	7h
<b>Distance</b>	19.4 km
<b>Ascent/descent</b>	875/1176 m
<b>Highest point</b>	Galinakopf (2198 m)
<b>Requirements</b>	The final ascent requires surefootedness and a head for heights
<b>Start</b>	Malbun (1600 m), parking available at the edge of the village
<b>Finish</b>	Steg (1301 m)
<b>Public transport</b>	Malbun bus stop on the Vaduz – Triesenberg – Malbun route
<b>Food &amp; drink</b>	Alp Guschg (officially no food & drink served), restaurants in Malbun and Steg, no places along the way
<b>Accommodation</b>	Hotels in Malbun, Berggasthaus Sücka (Steg)

From Malbun to Sassförkle the ascent is identical to the hike to Schönberg mountain (page 25). At Sassförkle, the alpine path descends and reaches a fork near the source of the Valorsch stream. Here there is the option of taking the shorter route into the valley. The standard trail heads into the herb-rich Matta pasture meadows and then leads up via the Guschgfieljoch to the summit of the Galinakopf mountain. Atop the Galinakopf, hikers can look forward to breathtaking views. The way back initially leads along the same route to Mattaförkle. Then the path leads with a wealth of views to Alp Guschg and to the Alphütte Riethötta before winding its way in steep switchbacks into the wild and idyllic Valorsch Valley. Switching to the the opposite slope, the path leads along the slopes of Schönberg mountain via an easy path alternating between shady forests and open meadows to "Bim Stall". Finally, the path descends into the hamlet of Steg at the mouth of the Malbuner stream.





## Through the Lawena gorge into the Rhine Valley

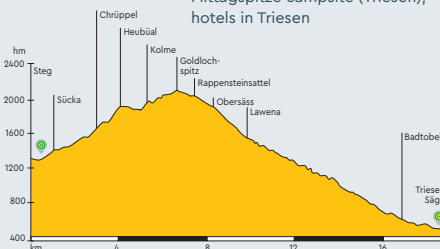


### Steg – Sücka – Rappensteinsattel – (Rappenstein) – Lawena – Magrüel – Säga (Triesen)

This panoramic ridgetop hike between Samina and Lawena is followed by a scenic descent through the legendary Lawenatobel into the Rhine Valley.

<b>Level of difficulty</b>	
<b>Fitness</b>	Level 5
<b>Walking time</b>	7.5 h
<b>Distance</b>	18.4 km
<b>Ascent/descent</b>	922/1750 m
<b>Highest point</b>	Goldlochspitz (2110 m)
<b>Requirements</b>	Surefootedness and a good head for heights
<b>Start</b>	Steg (1301 m), parking available in Steg
<b>Finish</b>	Säga (470 m), settlement in Triesen
<b>Public transport</b>	<b>Outward journey:</b> Hotel or Tunnel bus stop in Steg on the Vaduz – Malbun route <b>Return journey:</b> Triesen Säga bus stop on the Sargans – Vaduz route
<b>Food &amp; drink</b>	Bergstübli, Seeblick, Berggasthaus Sücka (Steg), Alte Eiche (Triesen), Mittagsspitze campsite (Triesen), restaurants in Triesen
<b>Accommodation</b>	Berggasthaus Sücka (Steg), Mittagsspitze campsite (Triesen), hotels in Triesen

From Steg, hikers take the road up to the Berggasthaus Sücka mountain inn and from there straight on for a few minutes until the ridgetop path branches off sharply to the left at Kulm. It leads to the Rappenstein mountain – surefooted hikers with a head for heights having the option of climbing to the top and admiring the fabulous views. Our route, however, leads from the Rappensteinsattel across a steep slope with fine views down into the Lawena Valley at the foot of the mighty Falkniskette massif. At the first fork in the trail, after passing Obersäss, the path heads off right onto the slope and then winds its way down in switchbacks to Alp Lawena. During high summer (July/August), this hut is open at certain times and offers food and drink as well as accommodation. Following a wide dirt road, the trail crosses the scenic pastureland of Magrüel and heads past the Mittagsspitze campsite to the Triesen Säga bus stop in the Rhine Valley.





## Via Alpina – hike Liechtenstein's main ridge (red trail)



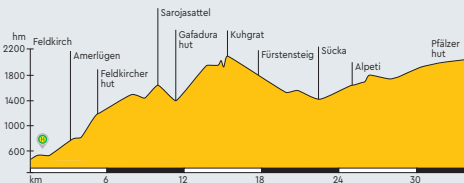
### Feldkirch – Gafadura hut – Fürstensteig – Sücka – Pfälzer hut

The main route of the Via Alpina leads over Liechtenstein's alpine ridge with excellent views of the Rätikon massif, the peaks of Switzerland and Vorarlberg as well as the villages in the Rhine Valley.

<b>Level of difficulty</b>	■■■■■
<b>Fitness</b>	Level 5
<b>Stages</b>	Feldkirch – Amerlügen – Gafadura hut (15.5 km/1350 m/5.5 h) Gafadura hut – Fürstensteig – Berggasthaus Sücka (13 km/1100 m/6 h) Berggasthaus Sücka – Alpelti – Pfälzer hut (9 km/700 m/3 h)
<b>Highest point</b>	Kuhgrat (2123 m)
<b>Requirements</b>	The final ascent requires surefootedness and a head for heights
<b>Start</b>	Feldkirch railway station (491 m)
<b>Finish</b>	Pfälzer hut (2108 m)
<b>Public transport</b>	<b>Outward journey:</b> Feldkirch railway station Lindau – Buchs SG, then by bus on the Schaan – Feldkirch route <b>Return journey:</b> Bus stop Malbun central on the Malbun – Vaduz route
<b>Food &amp; drink</b>	Gafadura hut, Berggasthaus Sücka (Steg), Pfälzer hut, restaurants in Malbun
<b>Accommodation</b>	Gafadura hut, Berggasthaus Sücka (Steg), Pfälzer hut, hotels in Malbun

The section of the Via Alpina which crosses Liechtenstein begins in the Austrian town of Feldkirch. After passing Amerlügen, the path winds its way up in a series of switchbacks through the forest to the Naturfreundehaus Feldkircher hut. Here, in the pastureland of the Amerlügalpe (Vorderälpele) a comfortable high-altitude trail leads to the Sarojaalpe (Hinterälpele) and crosses the border to Liechtenstein shortly before reaching the Sarojasattel ridge. This is followed by a half-hour descent to the Gafadura hut, where hikers spend the first night. From there the route heads back up onto the Sarojasattel, where the hike leads to the Garsella Alp and the Fürstensteig. The latter can also be bypassed. The Via Alpina runs parallel to the Liechtenstein Panorama Trail as far as Alp Silum and the Berggasthaus Sücka mountain inn, offering comfortable accommodation and panoramic views. Berggasthaus Sücka mountain inn is located above the hamlet Steg and offers both food and drink as well as accommodation. The final stage to the Pfälzer hut offers great views and follows the paths of the Liechtenstein Panorama Trail.

**Note:** Vaduz (Gaflei) is the starting point for the green route of the Via Alpina, which runs through Switzerland to Montreux.







## Alpine hike onto the Falknis mountain

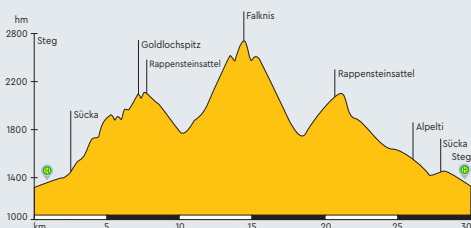


### Steg – Sücka – Rappensteinsattel – Falknis – Alpelti – Sücka – Steg

The Falknis is the westernmost peak in the Rätikon massif, located at 2560 metres above sea level on the border between Liechtenstein and Switzerland. From the Liechtenstein side, the Falknis can be reached from Steg via a demanding alpine trail.

<b>Level of difficulty</b>	■■■■■
<b>Fitness</b>	Level 5
<b>Walking time</b>	10 h
<b>Distance</b>	30 km
<b>Ascent/descent</b>	2128/2128 m
<b>Highest point</b>	Falknis (2560 m)
<b>Requirements</b>	Trail onto Rappenstein mountain requires surefootedness and a good head for heights. The ascent to the Falknis mountain is an alpine hiking trail.
<b>Start/finish</b>	Steg (1301 m), parking available at the Gänge lake reservoir
<b>Public transport</b>	Hotel or Tunnel bus stop in Steg on the Vaduz – Steg – Malbun route
<b>Food &amp; drink</b>	Bergstübli, Seeblick, Berggasthaus Sücka (Steg), Alp Valüna, Alp Lawena (officially no food & drink served)
<b>Accommodation</b>	Berggasthaus Sücka (Steg)

To reach the Falknis mountain, first descend from the Rappensteinsattel (see Rappenstein hike, page 30) towards Mazorahöhe. After reaching Mazorahöhe at around 2000 metres above sea level, a very steep and demanding mountain path climbs over the Guschasattel and the Falknishorn to the summit of the Falknis. There, magnificent views await. On the other side of the Rhine Valley, the peaks of the Glarus Alps as well as the Churfirsten and Säntis peaks in the Alpstein massif. To the north, the view even extends beyond Lake Constance. The way back is again via the Rappensteinsattel, from where a narrow path leads to Alp Gapfahl. The path then turns into a wide dirt road that winds its way down. At the first turn-off, the trail heads left into a hiking trail and follows the Liechtenstein Panorama Trail (trail number 66) to the Berggasthaus Sücka mountain inn and from there down to the starting point in Steg.





# The Principality of Liechtenstein at a glance

**Surface area** 160 km<sup>2</sup>

**Population** 39 444

**Form of government** Constitutional hereditary monarchy on a democratic and parliamentary basis

**Municipalities** 11; capital Vaduz

**Topography** Lowest point: Ruggeller Riet, 430 metres  
Highest mountain: Grauspitz, 2599 metres

**Currency** Swiss francs,  
euros are accepted in most places

**Information** → [tourismus.li/en](https://tourismus.li/en)  
→ [tourismus.li/hiking](https://tourismus.li/hiking)

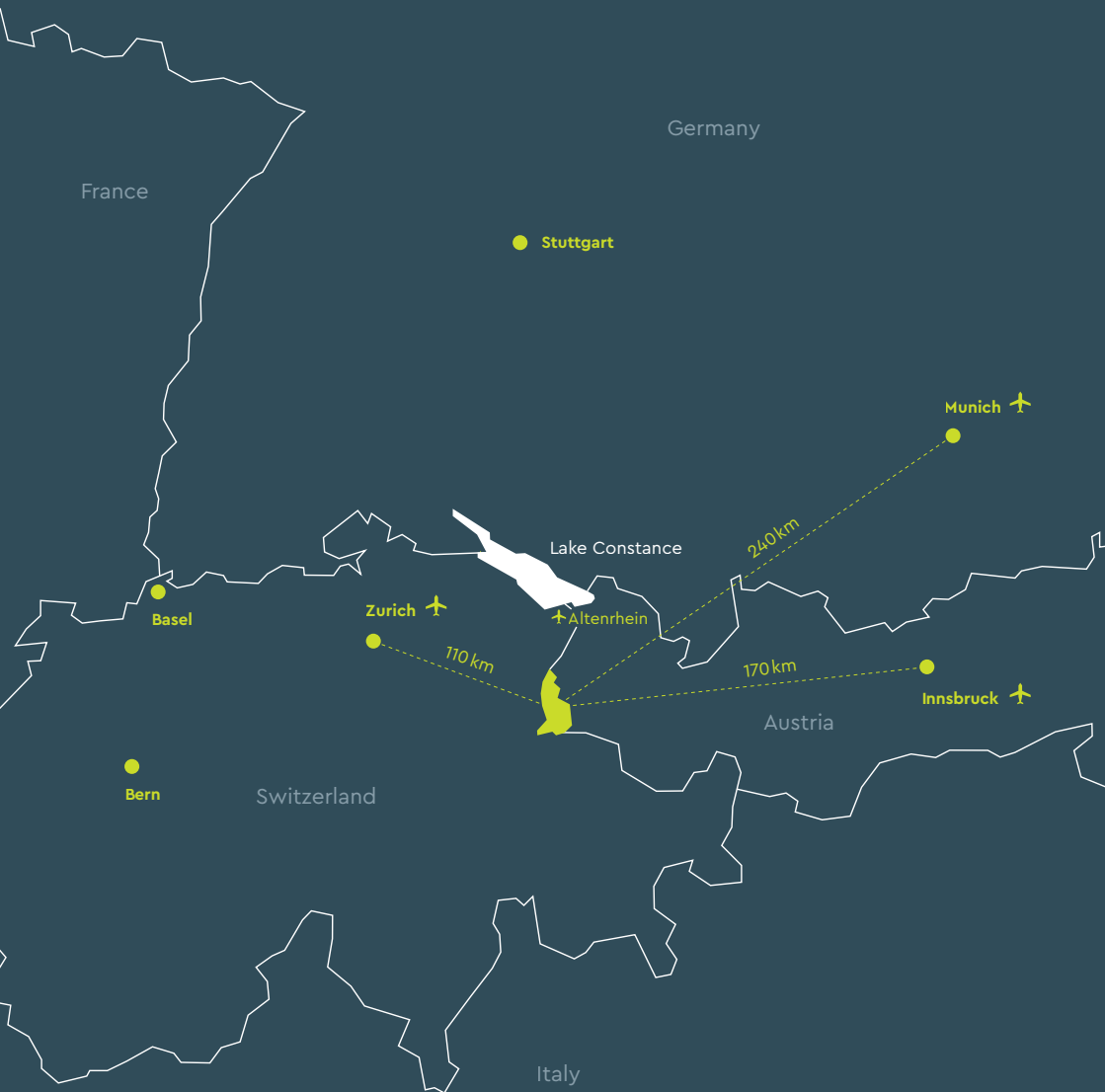
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